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COMPANIES
TO WORK FOR
Humboldt
County
2022

WE'RE LOOKING FOR THE TOP COMPANIES

GOHumCo is looking for the top companies in Humboldt County that set the standard for **work environment, rewards and recognition, benefits, communications, responsibility and decision-making, and executive leadership** for Humboldt County's Best Companies to Work For program in 2022.

1 Submit your company to be in the running at **TheHumboldtsBest.com**



2 After nominations close **Wednesday, November 30th**, you'll be contacted and will receive an email for this program. This email will provide the survey which the HR contact at your company will be responsible for sending to all your **FULL-TIME EMPLOYEES ONLY**.



3 If your company makes the **FINAL** list, your HR representative will be contacted directly to announce the exciting news.



Please note employee participation requirement in order to qualify:

Small Companies (5-49 full-time employees) = 50% participation
Midsize Companies (50-150 full-time employees) = 30% participation
Large Companies (150+ full-time employees) = 20% participation

4 All companies that make the **FINAL** list will be featured in the *North Coast Journal* in January 2023, where Humboldt County's Best Companies to Work For will be announced in real-time.



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2018 Nissan Sentra S - Backup Cam, 35 MPG #37822 \$14,995
2015 Chrysler 300 Series Limited - Moonroof, Sharp! #39422 \$13,995
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2016 Ford F-250 King Ranch 4WD - Diesel, Leather #31522 \$52,995
2022 Toyota Tundra SR5 - 1-Owner, LIKE NEW! #26322 \$49,995
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2017 Chevrolet Silverado 1500 LT 4WD - Z71, Crew #27622 \$34,995
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2017 Chevrolet Silverado 1500 LT 4WD - Crew Cab #41222 \$30,995
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2017 Ford F-250 XL 4WD - Extended Cab #13222 \$28,995
2017 Ram Pickup 1500 Tradesman - HEMI V8, Longbed #15922 \$25,995
2017 Ram 1500 Tradesman - 8ft Long Bed #20122 \$25,995
2013 Toyota Tacoma PreRunner - Access Cab #39222 \$22,995
2014 Ram 1500 Big Horn 4WD - Quad Cab #34322 \$20,995
2010 Ford F-250 Super Duty XL 4WD - 5.4L V8 #36822 \$14,995
2000 Ford F-350 XL 4WD - Crew Cab, Long Bed #27722 \$14,995
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SUVs & VANS

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2017 Ford Explorer XLT AWD - Leather, 3rd-Row #18122 \$27,995
2016 Subaru Crosstrek 2.0i Premium AWD - 5-Speed #21522 \$26,995
2018 Subaru Forester 2.0XT Premium AWD - Moonroof #25022 \$25,995
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2018 Infiniti QX60 AWD - 3rd Row, Leather, Moonroof #31722 \$25,995
2016 Audi Q5 3.0T Quattro Premium Plus AWD - NICE! #37422 \$24,995
2017 Jeep Cherokee Trailhawk 4WD - Leather #40322 \$22,995
2018 Buick Encore Essence AWD - Backup Cam, Leather #38122 \$18,995
2014 Subaru Forester 2.5i Limited AWD - Leather #31122 \$17,995
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NORTH COAST TRADER

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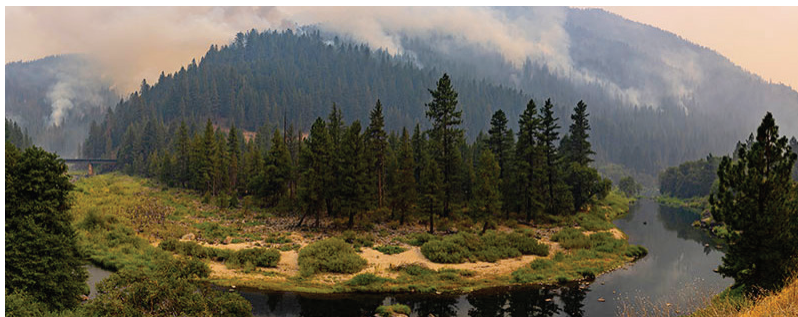
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How Do CDFW Fish Hatcheries Prepare For Wildfires?



CDFW

Wildfires

Q: How do CDFW fish hatcheries prepare for wildfires?

A: First, we'd like to acknowledge the commitment of many California Department of Fish and Wildlife (CDFW) hatchery staff who have worked during wildfire season in challenging conditions. Multiple fires have occurred near CDFW fish hatcheries, including one at Trinity River Hatchery in Trinity County which prompted an 11-day evacuation of the facility. During that wildfire, one or two employees were escorted into the facility by law enforcement each day to feed fish, clean screens and check on operations.

In 2020, the Walbridge Fire burned more than 55,000 acres in Sonoma County and came within a mile of — and one ridgeline away from — the Warm Springs Fish Hatchery in Geyserville. The hatchery's supervisor, the late Brett Wilson, and three staff who lived onsite — Bryan Freele, Danny Garcia and Alan Pariani — stayed behind after evacuation orders were given to make sure fish were cared for. Power was out at the hatchery for several days requiring staff to refill diesel generators every few hours around the clock. As helicopters and planes carrying flame retardant circled above, one after another, hatchery staff periodically rode motorcycles to the ridgeline to scout the fire. At one point, the fire came so close that staff connected all the hatchery's fire hoses in the dark of night. The fire was contained after several days, and all the fish survived.

Wildfire defense at CDFW hatcheries begins with year-round facility maintenance. This includes ground maintenance such as cleaning ponds, trimming trees, mowing and clearing brush around on-site homes and at the hatchery. It also includes

equipment maintenance such as making sure generators, fire hydrants, hoses and nozzles are in good working order.

There are also requirements in place for when wildfire causes poor air quality at a hatchery. Even if a wildfire isn't directly threatening a hatchery, the air quality can be poor. This can be especially tough for hatchery staff whose jobs often involve labor and time spent outdoors. CDFW follows Cal/OSHA standards pertaining to Air Quality Index (AQI). Anytime there's an AQI above 150 to 499, employees are encouraged to wear N95 masks. If the AQI is 500 or above, staff are required to wear a fitted P100 respirator mask to work out-

side, or they must work inside in a ventilated building. A CDFW safety officer conducts fit testing for the masks, and each hatchery has an AQI monitor.

Hatchery supervisors also recognize the challenges that staff take on when there's a wildfire near a facility impacting air quality. During these events, supervisors take extra precautions to make sure staff are taken care of and offered additional breaks and plenty of shade and water. Keeping staff, facilities and hatchery fish safe is a year-round effort for CDFW. A sincere thanks to our team whose dedication makes that possible.

CONTINUED ON NEXT PAGE →

Merry Christmas

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California Outdoors Q&A

← CONTINUED FROM PREVIOUS PAGE

Chumming

Q: When I fish in lakes in California, can I "chum"? I'd like to use corn or other food to help attract fish.

A: Whether you can chum will depend on where in California you're fishing. Chumming is defined in California Code of Regulations (CCR), Title 14, section 1.32 as follows:

"Placing any material in the water, other than on a hook while angling, for the purpose of attracting fish to a particular area in order that they may be taken."

There are a few waterways in California where chumming is legal as outlined in CCR, Title 14, section 2.40. Chumming is only permitted in:

The Colorado River District, but only approved bait fishes may be used as chum (see section 4.15) except in the Salton Sea where corn may also be used.

Carquinez Strait and Suisun Bay and their tributaries and saltwater tributaries.

Sacramento River and tidewater of tributaries downstream from Interstate 80 bridge.

San Joaquin River and tidewater of tributaries downstream from Interstate 5 bridge.

Ferrets

Q: I'm traveling around the country in an RV, and I have ferrets. I would like to visit a few of the amazing parks in California. Is there a permit or any kind of exemption to bring my ferrets with me in my RV?

A: Ferrets are a restricted animal in California, and a Restricted Species Permit is required for every person who imports, exports, or possesses any restricted animal listed in California Code of Regulation (CCR), Title 14, Section 671(c). Restricted Species Permits are issued for limited purposes and involve stringent requirements, laid out in CCR Title 14, Section 671.1. Unfortunately, a recreational vehicle trip would not be one of those purposes. We do appreciate your effort to get your question answered before you enter the state. We wish you safe travels on your RV trip. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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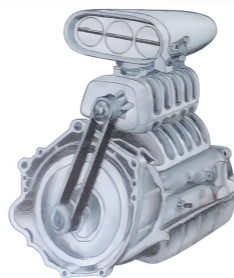
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The City is currently hiring for two (2) full time limited term grant funded vacancies in this position. Take advantage of this opportunity to be a key partner in the City of Eureka's new mental health team, Crisis Alternative Response of Eureka (CARE), which will supplement calls for service received by the Eureka Police Department by responding specifically to mental/behavioral health calls. Under supervision, this position will provide case management, crisis intervention and assistance in treatment planning for clients experiencing mental/behavioral health crises and assist in the navigation of mental/behavioral health and homeless resources within the City of Eureka. Requirements include at least two (2) years of previous experience providing behavioral health case management, working with mental/behavioral health crises, or otherwise engaging in direct client care for people experiencing behavioral health concerns. To see the full job description and to apply online, visit our website at www.ci.eureka.ca.gov Application deadline is 5:00pm on **Monday, November 21st, 2022.** EOE



Northcoast Children's Services

MAINTENANCE ASSISTANT, Crescent City

Performs a variety of site repairs, alterations, construction projects & general yard maintenance for NCS sites. Cleans & schedules vehicle maintenance. 2 yrs. of construction exp. desirable. P/T 20 hrs./wk. (10am-2pm, flexible hours). \$15.00/hr. **Open Until Filled.**

CENTER DIRECTOR, Eureka

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hr./wk. (M-Fri); \$20.50-\$22.61/hr. **Open Until Filled.**

ASSOCIATE TEACHER, Willow Creek

Assists in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-year exp. working w/ children. F/T. 32 hrs./wk., \$17.43-\$18.30/hr. **Open Until Filled.**

TEACHERS, McKinleyville

Responsible for development & implementation of classroom activities—providing support & supervision for a toddler program. Must meet Associate Teacher Level on Child

Development Permit Matrix & have one-year exp. teaching in a toddler setting. F/T position: 40 hrs./wk. & P/T position: 25-28 hrs./wk. \$17.94-\$19.78/hr. **Open Until Filled.**

ASSISTANT TEACHERS, Eureka, McKinleyville, Del Norte

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INTERPRETERS, Eureka, Fortuna

Assist in interpreting in class, at parent meetings and on home visits for children and families. Bilingual Spanish required. Must have 6 months' exp. working w/ children and families. Prefer 6-12 units in Early Childhood Education. P/T 12-20 hrs./wk. \$15.38-\$16.96/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:
Northcoast Children's Services

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Pair Soup and Sandwich for a Warming Winter Meal

(FAMILY FEATURES) Cool winter days and their cold, crisp air call for a quick warmup in the form of a classic combo: soup and sandwich. Next time you need warmed up from the inside out, go for a homemade pairing that brings together a cheesy handheld and hearty minestrone.

When you sit down for a wintertime meal with the family, Gourmet Grilled Cheese with Aunt Nellie's Pickled Beets provides the comfort you crave with caramelized onions, gooey melted cheese and toasted sourdough. Slowly simmered to savory perfection, 3-Bean Tortellini Minestrone — powered by READ 3-Bean Salad — plays the ideal complement to the griddled sandwiches as a filling soup without the hassle.

To find more comforting meal ideas made for combatting the cold, visit AuntNellies.com and READSalads.com.

Gourmet Grilled Cheese with Pickled Beets

Recipe courtesy of "Carlsbad Cravings"
Prep time: 60 minutes

Caramelized Onions:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 3 large yellow onions, halved, sliced ¼-inch thick
- 1-2 tablespoons water (optional)
- 1 tablespoon brown sugar
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon red pepper flakes

Sandwiches:

- 8 large sourdough slices, 1/2-inch thick



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- ½ cup mayonnaise
- 4 ounces fresh goat cheese, at room temperature
- 8 ounces shredded gruyere cheese, at room temperature
- 1 jar Aunt Nellie's Sliced Pickled Beets (about 32 beets)
- 2 cups baby arugula
- 2 tablespoons butter, divided
- 2 tablespoons olive oil, divided

To make caramelized onions: In Dutch oven over medium-high heat,

CONTINUED ON NEXT PAGE →

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Join a passionate team of Public Works professionals! The Deputy City Engineer will have an opportunity to design, manage, and implement a wide range of projects, including transportation, facilities, and water and wastewater systems. The Deputy City Engineer coordinates divisional activities with other City departments and outside agencies; provides highly responsible and complex administrative support to the City Engineer and may act for the City Engineer in their absence.

Requirements: Equivalent to graduation from an accredited four-year college or university with major coursework in civil engineering or a related field and five (5) years of civil engineering and/or public works experience, including two (2) years of high-level project management or supervisory experience. Possession of a Master's Degree is highly desirable and may be substituted for one year of the required experience. Possession of a Valid Professional Engineer's license from the State of California is required.

For a complete job description and qualifications or to apply online please visit our website at www.ci.eureka.ca.gov.

The City of Eureka will be accepting applications for this position until **5 p.m. on Monday, November 28th, 2022**. EOE.

LOOKING TO HIRE A TREE TRIMMER in Southern Humboldt area. I have some branches that need trimming and a fir tree that needs to be cut down. Call 707-943-3435 or text 707-599-8292.

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Northcoast Children's Services

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Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families. We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>

Warming Meal

← CONTINUED FROM PREVIOUS PAGE

melt butter and olive oil. Add onion and cook, stirring occasionally, 5 minutes then reduce heat to medium.

Cook until onions are caramelized and rich, deep golden brown, about 25 minutes, stirring often. Turn heat to medium-low or add water if onions are dry or start to scorch before caramelizing.

Add sugar, balsamic vinegar, salt, pepper and red pepper flakes; cook 1 minute. Onions should be jammy and darkly caramelized when done. Remove to plate to cool.

To make sandwiches: Spread out bread slices on flat surface. Spread thin layer of mayonnaise on one side of each bread slice.

Turn four bread slices over and spread goat cheese on plain side. Top goat cheese with gruyere, even layer of beets, caramelized onions and arugula. Top with remaining bread, mayo side out. Secure with toothpicks, if desired.

In large skillet over medium-low heat, melt 1 tablespoon butter with 1 tablespoon olive oil. Add two sandwiches, cover and grill until bottom of bread is toasted, about 5-7 minutes, and cheese starts melting, checking often. Flip and cook, uncovered, until cheese is melted and bottom of bread is toasted.

Repeat with remaining sandwiches.

3-Bean Tortellini Minestrone

Recipe courtesy of *Joy of Eating*

Prep time: 20 minutes

Cook time: 25 minutes

1 can (15 ounces) READ 3-Bean Salad

½ cup extra-virgin olive oil
½ medium yellow onion, diced
3 peeled garlic cloves, minced
2 pinches salt, plus additional to taste, divided
1 teaspoon Italian seasoning
¼ teaspoon black pepper, plus additional to taste, divided
3 small carrots, trimmed, peeled and diced
2 celery stalks, trimmed and diced
1 medium zucchini, diced
1 can (28 ounces) diced tomatoes, undrained
1 Parmesan rind (optional)
6 cups low-sodium vegetable broth
9-10 ounces refrigerated cheese tortellini
2 cups baby spinach
jarred pesto, for serving (optional)
Drain and rinse bean salad; set aside.
In large pot over medium heat, heat olive oil. Add onions, garlic and 1 pinch salt; saute until translucent, 3-4 minutes. Stir in Italian seasoning and ¼ teaspoon black pepper. Cook until fragrant, about 1 minute. Add carrots, celery and zucchini with remaining pinch salt. Cook, stirring occasionally, until vegetables are crisp tender, 5-7 minutes.
Stir in tomatoes. Add Parmesan rind, if desired. Cook about 10 minutes until most tomato juice evaporates. Pour in vegetable broth. Bring to boil. Add tortellini; cook 2 minutes, or just until tender. Stir in bean salad and spinach. Cook 2-3 minutes to heat through.
Season with additional salt and black pepper, to taste. Serve garnished with pesto, if desired. ♦

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Color: Blue
Interior: Cloth
Drive: FWD
Trans: Manual
Engine: 1.8L L4 DOHC 16V
Mileage: 140,040
Stock #: 1024

\$7,988

2006 Honda Element EX-P 4WD



Color: Blue
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 2.4L L4 DOHC 16V
Mileage: 258,346
Stock #: 1019

\$7,988

2007 Mazda CX-7 Grand Touring



Color: Gray
Interior: Leather
Drive: FWD
Trans: Automatic
Engine: 2.3L L4 DOHC 16V Turbo
Mileage: 134,219
Stock #: 1014

\$8,988

2013 Toyota Corolla LE 4-Speed AT



Color: White
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.8L L4 DOHV 16V
Mileage: 133,967
Stock #: 4306-E

\$13,988

2013 Honda Civic LX Sedan 5-Speed AT



Color: Black
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.8L L4 SOHC 16V
Mileage: 144,978
Stock #: 4310

\$13,988

2015 Subaru Forester 2.5i Sport



Color: Gray
Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 2.5L H4 SOHC 16V
Mileage: 118,313
Stock #: 4277-1

\$14,988

2015 Ford Explorer Base FWD



Color: Black
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 3.5L V6 DOHC 24V
Mileage: 140,512
Stock #: 1020

\$14,988

2009 Toyota Tacoma V6 4WD



Color: Black
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 4.0L V6 DOHC 24V
Mileage: 238,137
Stock #: 1016

\$15,988

2015 Ram 1500 Tradesman Quad Cab



Color: White
Interior: Cloth
Drive: 2WD
Trans: Automatic
Engine: 3.6L V6 DOHC 24V
Mileage: 99,172
Stock #: 1028-E

\$17,988

2017 Hyundai Tuscon se



Color: Silver
Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 2.0L L4 DOHC 16V
Mileage: 71,000
Stock #: 1020-E

\$17,988

2017 Honda Civic LX Sedan CVT



Color: Gray
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.0L L4 DOHC 16V
Mileage: 57,647
Stock #: 1026-E

\$20,988

2013 Toyota Tacoma Double Cab V6 4WD



Color: Silver
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Trans: Select
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Fall Care of Perennials

by Melinda Myers

AS YOU TRANSITION your gardens from fall to winter, you may be contemplating a bit of garden clean up. Before reaching for the pruners and rakes, consider all the benefits and beauty of leaving healthy perennials standing for winter.

The seed heads of many perennials like coneflower, rudbeckias, liatris and bee balm attract seed-eating songbirds like finches, sparrow, chickadees, juncos and jays to the winter garden. These winged visitors add motion and color to the winter garden. Best of all, you don't need to refill and clean this natural food source.

Many of these plants provide homes for beneficial insects, including native bees and other pollinators. A variety of these insects overwinter in or near the stems of perennials.

Native plants have evolved with many of these insects, birds and wildlife and most provide homes and food for native insects, songbirds, and wildlife. Purple coneflower, liatris, rudbeckias, sunflowers, asters, goldenrod, yucca and Joe Pye weed are just a few of these native plants you might be growing.

Enjoy the winter foliage of evergreen and semi-evergreen perennials by leaving them intact in the garden. Watch for and avoid disturbing the green leaves at the base of perennials like yarrow, Shasta daisy and globe thistle.

Leave borderline hardy perennials intact to improve their chances of surviving a harsher-than-normal winter. The stems capture any snow and help retain any additional winter mulch, both providing needed root insulation.

Remove any diseased or insect-pest-infested plants. Removing this from

the garden in fall reduces the risk of these problems occurring next year. Discard, do not compost, this material as most compost piles do not heat up to high enough temperatures to kill them. Contact your local municipality for disposal options.

Remove hosta leaves once the fall color fades and leaves die to reduce the risk of leaf nematodes overwintering in the crown of the plants. It also eliminates a winter home for slugs and their eggs.

Wait for several hard frosts when cutting back perennials in the fall. In milder climates, wait for leaves to brown and dry completely. This ensures the plant has stored all the energy it produced in the roots for healthy growth next spring.

Use sharp bypass pruners to make a clean cut through the stem. Disinfect tools by dipping in rubbing alcohol or spraying with a disinfect spray to prevent the spread of disease.

Rake leaves into the garden over the soil surface around the plants instead of to the curb. Fall leaves make great mulch that moderates soil temperature, suppresses weeds, conserves moisture and improves the soil as they break down. Plus, they are free.

Wait to finish removing perennials until spring temperatures regularly



The seed heads of rudbeckia attract seed-eating songbirds to the winter garden. Photo courtesy of MelindaMyers.com

hover in the '50s. This allows overwintering insects a chance to leave their winter homes. It also provides songbirds much needed food in spring before many of our plants begin producing seeds and berries.

Once the garden is set for winter, you can relax and make plans for the spring garden.



Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*.

She hosts *The Great Courses* "How to Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.

Sleep is Good Medicine — 11 tips for healthier sleep

(FAMILY FEATURES) Sleep can sometimes feel like self-care that can wait or a reward you need to earn. However, the opposite is true. When it comes to your health, sleep is just as important as physical activity and nutrition.

While you sleep, your body is busy healing and repairing itself, learning and actively preventing chronic diseases. For most adults, getting healthy sleep means sleeping for at least 7 hours each night without waking up frequently, going to bed and waking up at roughly the same times each day and waking up feeling refreshed. Healthy sleep helps the body boost immunity, manage weight, reduce stress and lower the risk of chronic diseases such as diabetes, cancer, heart disease and Alzheimer's disease.

"We know chronic insufficient sleep can have a detrimental impact on personal health and increase the risk of many diseases," said Jennifer L. Martin, a licensed clinical psychologist and professor of medicine at the David Geffen School of Medicine at UCLA. "Healthy sleep is also important for mood regulation and mental health, helping to reduce the risk of problems such as anxiety and depression."

However, according to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States report getting less than 7 hours of sleep per night. Your daily routine — what you eat and drink, the medications you take, how you schedule your days and how you spend your evenings — can significantly impact the quality and duration of your sleep.

These tips from the American Academy of Sleep Medicine's "Sleep Is Good Medicine" campaign — which

aims to emphasize sleep as a key pillar of health, equivalent with nutrition and exercise — can help you create a healthy sleep routine to improve your health today and in the long run.

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends and during vacations.
- Set a bedtime early enough to get at least 7 hours of sleep each night.
- Use your bed only for sleep and sex, or when you are sick. Watch TV and work outside the bedroom.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Reduce fluid intake before bedtime.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Avoid drinking caffeine in the afternoon or evening.



Photos courtesy of Getty Images

- If you don't fall asleep after 20 minutes, get out of bed. Do a quiet activity without a lot of light.
- Avoid alcohol before bedtime.
- Keep a sleep diary. Over a two-week period, track when you go to bed each day, wake during the night and wake in the morning. Also track when you exercise, nap, take medication or have caffeine or alcohol.

Even if you don't think you have a sleep problem, talk to your doctor about your sleep and share your sleep diary. Together, you can figure out what healthy sleep looks like for you and how to get it. This can help prevent sleep difficulties before they become harder to treat.

Learn more about the role sleep plays in your health and find more tips to help improve your sleep habits at sleepisgoodmedicine.com. ♦

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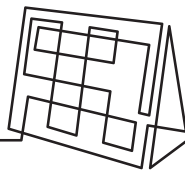
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Calendar

Nov. 17 - Dec. 1, 2022



Virtual World

ARTS & CULTURE

Conserved Lands and Waters of the Lost Coast. Thu., Nov. 17, 6-7 p.m. The final lecture in the three-part series features Priscilla Hunter and Hawk Rosales of the InterTribal Sinkiyone Wilderness Council and a talk on tribal protected areas of the Lost Coast. Free. justin@lostcoast.org. lostcoast.org/event/fall-lecture-series-conserved-lands-waters-of-the-lost-coast-part-3-w-intertribal-sinkyone-wilderness-council/.

Dar Williams. Fri., Nov. 18, 8 p.m. The 25-year veteran performer inspired by alt-rockers, Berklee jazz musicians, slam poets and folk artists. \$35. humbrews.com/live-entertainment/. (707) 826-2739.

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Online. A live open mic poetry reading on Zoom on the last Thursday of each month. Teens and adults share poems in any form or style, or just listen. Email registration required. Free. carrm@mendocinocounty.org.

Midnight North. Wed., Nov. 30, 8 p.m. Multi-instrumentalists with songwriting roots in folk and Americana. \$18. holdmyticket.com/event/401309.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressemastered.com. (707) 443-5021.

Hyampom Salmon Gathering. Sat., Nov. 19, 2-8:30 p.m. Hyampom Community Hall, Hyampom Road. Eighth annual family-friendly day of hands-on science activities,

arts and crafts, presentations on current river restoration work, watching salmon spawning, a potluck dinner and more. Hosted by the Watershed Research and Training Center.

Lewiston Bridge Lighting & Fireworks. Sat., Nov. 26, 3-7 p.m. Lewiston, California, Trinity County. Fireworks at 5:30 p.m.. Santa, food and craft vendors, music. www.lewistonsparkies.com.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166, ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Del Norte County

LIFESTYLE & COMMUNITY

Children's Business Fair. Sat., Nov. 26, 11 a.m.-1:30 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City. Young entrepreneurs ages 6-14 develop a brand, create a product or service, build a marketing strategy, and then open for customers at our one-day marketplace.

Community Thanksgiving Dinner. Thu., Nov. 24, 12-2 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City.

Festival of the Trees. Sat., Nov. 19, 9 a.m.-2 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City. Drawing for decorated trees, wreaths decorated with gift certificates and cash drawings at the 27th annual event. Proceeds benefit local Del Norte scholarships and charities. \$20 lunch at noon.

Holiday Artisan Fair. Sun., Nov. 20, 10 a.m.-3 p.m. Crescent City Cultural Center, 1001 Front Street.

Browse artisan and vendor tables. Cookies, See's candy, soup table. Free admission.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

Mountain Magic Christmas. Fri., Nov. 25, 10 a.m.-8 p.m. Historic Downtown Weaverville, Weaverville. Traditionally local merchants extend their business hours to host an open house with refreshments, holiday promotions and festive drawings.

Murder Mystery Fundraiser. Fri., Nov. 18, 6-9 p.m. Trinity Alps Golf Course, 130 Golf Course Drive, Weaverville. Get details at facebook.com/events/814534973087309.

Pancakes with Santa. Sat., Nov. 26, 10 a.m.-noon. Trinity County Fairgrounds, 6000 State Highway 3, Hayfork. Enjoy breakfast with Santa. More info at weavervilleca.org. www.hayforkcentury.com.

Humboldt County

ARTS & CULTURE

Art Night at the Sanctuary. Third and First Thursday of every month, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Create with others freely or work on a guided project. Bring your own supplies or use what's around to collage, paint, draw, make an art book, etc. \$5-\$20 suggested, no one turned away for lack of funds. sanctuaryarcata.org.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Blueberry Hill Boogie Band. Sat., Nov. 19, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Rock and roll, soul and swing. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Comedy Humboldt Open Mic. First Thursday of every month, 8-10 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Tell your jokes.

Dancehall Cardio w/Mo HD. Sun., Nov. 27, 1-2:30 p.m. Redwood Park, top of 14th Street, Arcata. All-levels, 60-minute dance using West Indian, hip hop and dancehall choreography led by Mo Harper-Desir. Come chune in the park with the crew. Free. Admin@Mohdcreates.com.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and Maria Vanderhorst. All levels. Limited to five people. Register online. \$15.

talavera.rocio@gmail.com.

Disney's The Sword in the Stone (1963). Sun., Nov. 27, 5-7:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated PG-13. All ages. Parental guidance suggested. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/440630488003097. (707) 613-3030.

E.T. - The Extra-Terrestrial. Sat., Nov. 26, 7:30 p.m. Eureka Theater, 612 F St. The classic inter-planetary friendship adventure. Doors open at 6:30 p.m. \$10, \$5 for children 12 and under. theeurekatheater.org.

Encounters: New Work by Nicole Jean Hill and David Woody. Mondays. College of the Redwoods, 7351 Tompkins Hill Road, Eureka. Two perspectives on the nature of wilderness in photographs.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Gaslight. Fridays, Saturdays, 8 p.m. and Sundays, 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. The tense, mysterious thriller about the Mannings in 19th century London. \$20, \$18. ncrt.net.

Holiday Sale. Fri., Nov. 25, 12-6 p.m. and Saturdays, Sundays, 10 a.m.-4 p.m. Fire Arts Center, 520 South G St., Arcata. Featuring ceramics and fused glass by Fire Arts members and students. director@fireartsarcata.com. fireartsarcata.com. (707) 826-1445.

Joni Mitchell Tribute. Sat., Nov. 19, 8 p.m. and Sun., Nov. 20, 8 p.m. Arcata Playhouse, 1251 Ninth St. Humboldt musicians and singers cover Joni Mitchell songs. arcataplayhouse.org.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Laughy Hour. Fridays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups start at 6 p.m. Comics get five minutes. Snacks, drinks, friendly atmosphere. Zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Live Music: Holus Bolus. Thu., Nov. 17, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. One-man-multi-instrument act. Free. (707) 269-7143.

Live Music: Kaptain Kirk. Thu., Dec. 1, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Live

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Calendar

← CONTINUED FROM PREVIOUS PAGE

music on the patio with Kaptain Kirk's Kosmic Koncoction. Free. 707-269-7143.

McKinleyville Community Choir Rehearsal.

Thursdays, 6:30-8:30 p.m. Lutheran Church of Arcata, 151 E. 16th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

My Black Is ... Exhibition. Wednesdays, Thursdays, 12-6 p.m., Fridays, 11 a.m.-5 p.m. and

Saturdays, 11 a.m.-2 p.m. Reese Bullen Gallery, Cal Poly Humboldt, Arcata. Part of a series for local Black artists with Black Humboldt to normalize Black and Brown arts, art forms and community members within all art spaces. Note: closed Nov. 23-26. Free. rbg@humboldt.edu. artfilm.humboldt.edu/galleries/reese-bullen-gallery/my-black. (707) 826-3629.

Nature Sketching Basics Workshop. Sat., Nov. 19, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Maria Morrow as she shares her expertise, tips and favorite techniques. Paper, pencils and

erasers provided. Feel free to bring your own materials as well. RSVP required. Free. info@friendsofthedunes.org. friendsofthedunes.org/naturenewbies. (707) 444-1397.

Nightlight: A Winter Solstice Story. Fri., Nov. 25, 6:30-9:30 p.m., Sat., Nov. 26, 6:30-9:30 p.m. and Sun., Nov. 27, 1:30-4:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. The Dell'Arte Company opens its 42nd annual Holiday Show Tour with an original piece. Join this ensemble of storytellers and shapeshifters on a journey to discover what is illuminated in the darkness. \$15. albert@dellarte.com. dellarte.com/product/night-light-2022/. (707) 668-5663.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeakeasybar@yahoo.com. facebook.com/speakeasyeureka. (707) 444-2244.

Recalling From The Source. Wednesdays, Thursdays, 12-6 p.m., Saturdays, 11 a.m.-2 p.m. and Fri., Nov. 18, 11 a.m.-5 p.m. Goudi'ni Native American Arts Gallery, Cal Poly Humboldt, Arcata. More than 30 Native artists from the California North West Coast community. Painting, beadwork, regalia, basketry and more. Note: closed Nov. 23-26. Free. rbg@humboldt.edu. artfilm.humboldt.edu/galleries/goudini-native-american-arts-gallery/recalling-source. (707) 826-3629.

Sci-Fi Night: Troll 2 (1990). Wed., Nov. 30, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-Show @ 6PM. Raffle @ 7:30PM. Movie Starts @ 7:35PM \$5 Admission | \$9 w/Poster Rated R | Running Time: 1hr. 32min. All Ages - Parental Guidance Suggested. FREE RAFFLE!! - Admission grants you one raffle ticket for a chance to win some very cool, very strange sci-fi prizes for that inner collector in us all. Don't miss our custom curated pre-shows. Unique short films, house-made trailers, and more. Retro-gaming available in the lobby!! \$5 Admission | \$9 Admission + Poster. info@arcatatheatre.com. www.facebook.com/events/817157469529063. 707-613-3030.

Stephanie Knowles Album Recording. Fri., Nov. 18, 7-8:30 & 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. My Little Earworm: Live album recording. Music/comedy. \$15. info@savagehenrycomedy.com. savagehenrycomedy.com. 707.845.8864.



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Sunday Open-Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

The Birds (1963). Sun., Nov. 20, 5-6 p.m. Arcata Theatre Lounge, 1036 G St. Alfred Hitchcock's masterpiece. Pre-show at 5 p.m. Movie at 6 p.m. Rated PG-13. All ages. Parental guidance suggested. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/463917252470593. (707) 613-3030.

The Lifespan of a Fact. Fridays, Saturdays, 8 p.m. and Thu., Nov. 17, 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. The story of a fresh-out-of-Harvard fact checker at a prominent but sinking New York magazine, and a talented writer with an essay that could save it. \$20. redwoodcurtain.com.

The Wizard of Oz. Sat., Nov. 19, 2 & 7 p.m., Sun., Nov. 20, 2 p.m., Fri., Nov. 25, 7 p.m. and Sat., Nov. 26, 2, 7 p.m. & 2 a.m. Arkley Center for the Performing Arts, 412 G St., Eureka. Stage adaptation of L. Frank Baum's tale, featuring the iconic musical score from the MGM film. \$17-\$42. box-office@mainstagehumboldt.org. mainstagehumboldt.org/shows--events. (707) 200-1778.

We Are Worthy: Artwork of Survivors. Mondays. Brenda Tuxford Gallery, 627 Third St., Eureka. Ink People Center for the Arts presents powerful and inspiring works of art that explore the topic of healing from domestic violence. Through Nov. 25.

Zepparella. Fri., Nov. 18, 9-11 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Vocalist Anna Kristina, guitarist Gretchen Menn, bassist Holly West and drummer Clementine play and improvise from Zeppelin's catalog. Doors at 8 p.m. \$20 advance, \$30 day of. info@bluelakecasino.com. bluelakecasino.com/event/an-evening-with-zepparella/. (707) 668-9770 ext. 3281.

LIFESTYLE & COMMUNITY

Adult Skate Night. Last Saturday of every month, 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. 18 and older only. IDs checked

CONTINUED ON NEXT PAGE →

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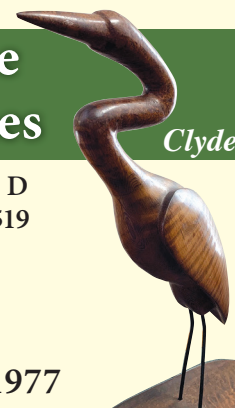
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Human Being, PhD
Officiant, Concierge
& Adventurer

Calendar

← CONTINUED FROM PREVIOUS PAGE

at door. Alcohol and drug-free event. \$5.50, includes skate rental.

Annual Yard Sale. Sat., Nov. 19, 10 a.m.-3 p.m. Mistwood Educational Center, 1928 Old Arcata Road, Bayside. Benefitting Mistwood Educational Center in Bayside. kate@mistwoodvillage.org. facebook.com/events/832681961103276/?ref=newsfeed. (707) 826-1150.

Art & Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join artists and naturalists for art and nature exploration activities for all ages and abilities. Drop-in anytime between 1 and 4 p.m. Rain or shine. There's a different theme each month. Free. denise_seeger@fws.gov. www.fws.gov/refuge/humboldt-bay. 707-733-5406.

Audubon Guided Field Trip w/Carol Wilson. Sat., Nov. 19, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet trip leader Carol Wilson at the end of South I Street (Klopp Lake) for easy-to-walk trails. November often brings many ducks and shorebirds. Free. rras.org.

Audubon Guided Field Trip w/Michael Morris. Sat., Nov. 26, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. end of South I Street (Klopp Lake) for easy-to-walk trails. November often brings many ducks and shorebirds that will spend the winter here. Free. www.rras.org.

Bayside Holiday Market. Thursdays-Saturdays, 12-7 p.m. and Sundays, 12-4 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Third annual Bayside Holiday Market featuring 30+ artisans under one roof. Special guest artists each weekend. Handmade soaps, candles, housewares and more. Free entry. amysal-mostperfect@gmail.com. fb.me/e/2jaiKGzWs. (707) 593-6544.

Beginning Birdwatching & Project Feeder Watch. Third Saturday of every month, 10 a.m.-noon. Jacoby Creek School, 1617 Old Arcata Road, Bayside. Drop-in to watch and learn about birds in an informal, family-friendly setting. Bring binoculars. A few pairs available. Visit feederwatch.org/about/project-overview. Free. daseeger@gmail.com. rras.org/home.aspx.

Bingo Night. Fourth Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. BEER-I-N-G-O! Bingo night at Redwood Curtain Brewing Company in Myrtletown. Free. 707-269-7143.

Community Stewardship Day. Fourth Sunday of every month, 10 a.m.-1 p.m. Seawood Cape Preserve, 2265 Patrick's Point Drive, Trinidad. Every fourth Sunday help remove invasive

plant species to promote the re-establishment of native biodiversity. Register online. Free. northcoastpreserves@wildlandsconservancy.org. wildlandsconservancy.org/preserves/seawoodcape/publicprograms. (707) 633-9132.

Creative Escape Holiday Craft Fair. Sat., Nov. 19, 10 a.m.-5 p.m. and Sun., Nov. 20, 10 a.m.-4 p.m. Arcata Portuguese Hall, 1285 11th St. Over 30 vendors, face painting, a make and take craft table, live music, raffle and daily door prize. Free. charlottesab@gmail.com. (707) 296-6260.

Dell'Arte 2022 Holiday Show. Sat., Nov. 26. Dell'Arte, 131 H St., Blue Lake. Through Dec. 18. More info at dellarte.com.

Dune Restoration Volunteer Day. Sun., Nov. 20, 10 a.m.-1 p.m. Ma-le'l Dunes South, Young Lane, Arcata. Join the Dune Ecosystem Restoration Team removing invasive plants. No experience necessary. Snacks and tools to share. Meet at the Ma-le'l South parking lot. Free. friendsofhedunes.org. (707) 444-1397.

Eureka Main Street Holiday Open House. Fri., Nov. 18, 5-8 p.m. Historic Old Town Eureka, Second Street. Enjoy music, treats, in-store specials, a prize drawing and more. eureka-mainstreet.org.

Eureka Waterfront Guided Field Trip. Sun., Nov. 20, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. Join leader Ralph Bucher for this tour on a relatively urban trail with abundant species and diversity. This walk is on a flat, paved trail that is wheelchair accessible. Email to sign up. Free. thebook@reninet.com. rras.org.

FOAM Marsh Tour w/Andy Feinstein. Sat., Nov. 19, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Andy Feinstein in the lobby for a 90-minute, rain-or-shine walk focusing on marsh ecology, local history and/or Arcata's innovative wastewater treatment facility. Masks strongly recommended inside. (707) 826-2359.

FOAM Marsh Tour w/Barbara Reisman. Sat., Nov. 26, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Barbara Reisman in the lobby for a 90-minute, rain-or-shine walk focusing on plants, history and/or marsh ecology. Masks strongly recommended inside. Free. (707) 826-2359.

Henderson Center Holiday Open House. Fri., Nov. 18, 5-8 p.m. Henderson Center, Henderson near F Street, Eureka. Kick off the holiday season with a fun night in Henderson Center. Free.

Holiday Craft Faire. Sat., Nov. 19, 10 a.m.-3 p.m. and Sun., Nov. 20, 10 a.m.-3 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. The 20th annual event with more than 30 vendors.

Refreshments available from Sholtz Coffee and FUHS Culinary Arts Club. Photos with Santa on Sunday from 11 a.m. to 1 p.m. Free admission. fb.me/e/2R4YXduaP. (707) 725-7572.

Hounds of Humboldt Dog Party. Sat., Nov. 19, 2-6 p.m. Septentrio Tasting Room, 650 Sixth St., Arcata. Last event of the season. Vendors, food, dessert, wine, coverage in case of weather, fire pits and dogs. All ages. houndsofhumboldt@gmail.com. houndsofhumboldt.com/events.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3-5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html.

(707) 443-9694.

Look Closer and Make Connections. Tuesdays-Saturdays, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new exhibits and activities, including a grizzly bear specimen, Discovery Boxes, microscopes, puzzles, scavenger hunts and more. \$3. natmus@humboldt.edu. natmus.humboldt.edu. (707) 826-4479.

Out 4 Business. Last Wednesday of every month, 4-6:30 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An LGBTQ+ professionals networking mixer for LGBTQ+ community, friends, allies and business professionals who value diversity and inclusivity. Food and drinks. Free. trex@historiceagle.

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Calendar

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house.com. facebook.com/events/465896384993422/465896418326752/?active_tab=discussion. (707) 407-0634.

Pints For Nonprofits: Jacoby Creek School, featuring JCS Band. Wed., Nov. 30, 11 a.m.-10 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Pints for Non-Profit Day, 11:00am-10:00pm, Jacoby Creek School: WE WELCOME THE SCHOOL BAND FOR FUN, LIVE MUSIC, 6-9:00 PM Jacoby Creek School is a TK-8 school located close to the town of Arcata in northern California. Enrollment hovers around 460 students and there are two classrooms for each grade level. Teachers and staff provide an excellent educational setting for all students. Students enjoy activities such as music and drama along with a strong After School Enrichment program (ASE). Free. redwoodcurtainbrewing.com.

Santa Arrives in Old Town. Sat., Nov. 26. Old Town Gazebo, Second and F streets, Eureka. Ho ho ho! Visit with Santa. Bring your camera. Free.

Sequoia Park Ivy League Volunteer Work Day. Sat., Nov. 19, 9 a.m.-1 p.m. Sequoia Park, 3414 W St., Eureka. Drop in during the event to help remove ivy. All supplies and training provided. jthomas@ci.eureka.ca.gov. empowereureka.org/events/sequoia-park-ivy-league-volunteer-work-day-2022-09-17-09-00. (707) 441-4080.

Taste of the Holidays. Thu., Nov. 17, 5-8 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Locally produced food tasting, entertainment, wine, brew and spirit tasting, Dutch auction and Toys for Tots drive. Ages 16 and up. Presented by the Rotary Club of Arcata Sunrise. \$35.

Thanksgiving Day Ramble. Thu., Nov. 24, 10 a.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Join leaders Alex Stillman and Jean Santi for Friends of the Arcata Marsh's 22nd annual 90-minute, rain-or-shine leg-stretcher. The center may be open depending on staffing. (707) 826-2359.

Trinidad Blessing of the Fleet. Thu., Nov. 24, 10 a.m. Trinidad Harbor Overlook, corner of Trinity and Edwards streets. Annual event with crews of the local fishing fleet that features a traditional Native blessing, a non-denominational blessing, warm refreshments, student art and music. Free.

Turkey Trot. Thu., Nov. 24, 8 a.m. Old Town Gazebo, Second and F streets, Eureka. Fun run/walk through Old Town Eureka. Start and finish at the gazebo.

Veteran's Craft Bazaar. Fri., Nov. 25, 10 a.m.-6 p.m. and Sat., Nov. 26, 10 a.m.-4 p.m. Ferndale Veterans Memorial Building, 1100 Main St.

Peruse the many local craft booths and do some holiday shopping. Refreshments available. Free admission.

Wigi Wetlands Volunteer Workday. Sat., Nov. 26, 9-11 a.m. Wigi Wetlands, Behind the Bayshore Mall, Eureka. Help create bird-friendly native habitats and restore a section of the bay trail by removing invasive plants and trash. Meet in the lot behind Walmart. Tools, gloves and packaged snacks provided. Please bring your own drinking water. Free. jeremy.cashen@yahoo.com. rras.org. (214) 605-7368.

Women and Girls Birdwatching Field Trip. Sun., Nov. 20, 9-11:30 a.m. Arcata Bottoms V Street Loop, 3711-3001 Old Samoa Road. Jude Power leads a relaxed ramble through the birdy "V Street Loop" through open pasture with a recently created part salt, part freshwater marsh complex. Meet at the large pullouts on V Street, just south of Samoa Boulevard. Free. rras.org.

NIGHTLIFE

Black Friday Goth Karaoke. Fri., Nov. 25, 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. Sing Post-Punk, Darkwave, New Wave and Nu-metal. Two-drink minimum purchase at the bar. Sign-ups start at 8:30. Ages 21 and up. info@miniplexevents.com. fb.me/e/2isUBKkTC. (707) 630-5000.

Karaoke (Thirsty Bear Lounge). Thursdays, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Come get your sing on. Free. bearrivercasino.com.

Reel Genius Trivia at Fieldbrook Market & Eatery every Sunday. Sundays, 6-8 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. General trivia for prizes. Max seven per team. Free. partners@reelgeniustrivia.com. (707) 601-1606.

Reel Genius Trivia Second and Fourth Wednesday. Wed., Nov. 23, 6:30-8:30 p.m. The Pub at The Creamery, 824 L St., Suite A, Arcata. General trivia, fun for everyone. Free to play, win prizes. Max seven players per team. Free. partners@reelgeniustrivia.com. (707) 601-1606.

Reel Genius Trivia Wednesdays at the Madrone. Wednesdays, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia for everyone. Free to play, win prizes. Max seven people per team. Free. partners@reelgeniustrivia.com. reelgeniustrivia.com/. (707) 601-1606.

Three Goat's Faerie-oke Party. Thu., Nov. 17, 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. Practice those Kate Bush, Bjork and Fleetwood Mac songs. Themed decor and no judgement, so let your fae flag fly. Ages 21 and up, two-drink minimum. info@miniplexevents.com. fb.me/e/5UbbqyYL2. (707) 630-5000.

Thursday-Friday-Saturday Canteen. Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Mendocino County

ARTS & CULTURE

Rita Hosking and Sean Feder. Sun., Nov. 20, 2 p.m. Willits Center For the Arts, 71 E Commercial St. Country folk singer/songwriter with dojo banjo and guitar player. \$25.

LIFESTYLE & COMMUNITY


Fall Craft Fair. Nov. 25-27, 10 a.m. Crown Hall,

45285 Ukiah St., Mendocino. Local art, craft, etc. vendors


Festival of Lights. Fridays-Sundays. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. The 12th annual stroll along twinkling pathways and marvel at the inventive displays created by Gardens staff and volunteers. Find a unique present for your favorite person at the gift shop and snag some hot drinks and sweet treats from the Holiday Cafe. Happens rain or shine. www.gardenbythesea.org.

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants.

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Calendar

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Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Bites, Beats & Barrels. Third Saturday of every month, 2-7 p.m. Stonehouse Cellars, 500 Old Long Valley Road, Clearlake Oaks. A night of laid-back fun featuring food, wine, live music and dancing.

Kelseyville Artisan Market. Third Sunday of every month, 10 a.m.-3 p.m. Downtown Kelseyville, Main Street. The Kelseyville Business Association's Fall/Winter/Spring seasonal pop-up, the Kelseyville Artisan Market, with 20+ makers of all-handcrafted items from all over Lake County along with locally grown and produced goods. Located at the Kelseyville Senior Center, where Kelseyville Seniors will be serving up treats and lunch items to benefit the Kelseyville Seniors.

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

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HOME COUNTRY

By Slim Randles



YOU GET THEM FLU SHOTS ever' fall? I try not to, but Doc has this year nurse that's not only stouter'n a streetsweeper, but fleet of foot as well. This year's Windy, a-course. So, yeah, I prit-nearly allus get one a-them shots each fall.

But I been workin' on a way to either speed me up or slow her down. Ever seen on them summer Olympicals the relay race? You know, when one guy's runnin' and he sticks out a stick and the next guy takes it for a while? Thass what that there nurse looks like in hot pursuit 'cept it's a hypothermic needle and not a stick in her hand. Now you know ol' Doc makes fun a-me ever' dang time she catches up. A-course, she could stand to run off a few calories here and there, mostly there. Truth be told, wouldn't hurt me none, neither.

When Doc stops laughin' he usually says, "Windy, I don't think you're any faster'n you was last year."

"Nope," I admitted, "but I think she is."

Oh, I tried to talk Doc out of it. Honest. I told him I been particler good this last year and took my vitermins and minerales and drank my fruity juice and all that stuff. See, I figgered if he got impressionated enough with my diet, I might could slip away from Vampira for one year.

But it seems like somethin' always happens to that there plan a-mine.

For example, Doc looked at me while Nurse Sprint was in the corner, sharpenin' her needle and lookin' funny at my fanny.

"So Windy," Doc said, "you been drinkin' your fruit juices."

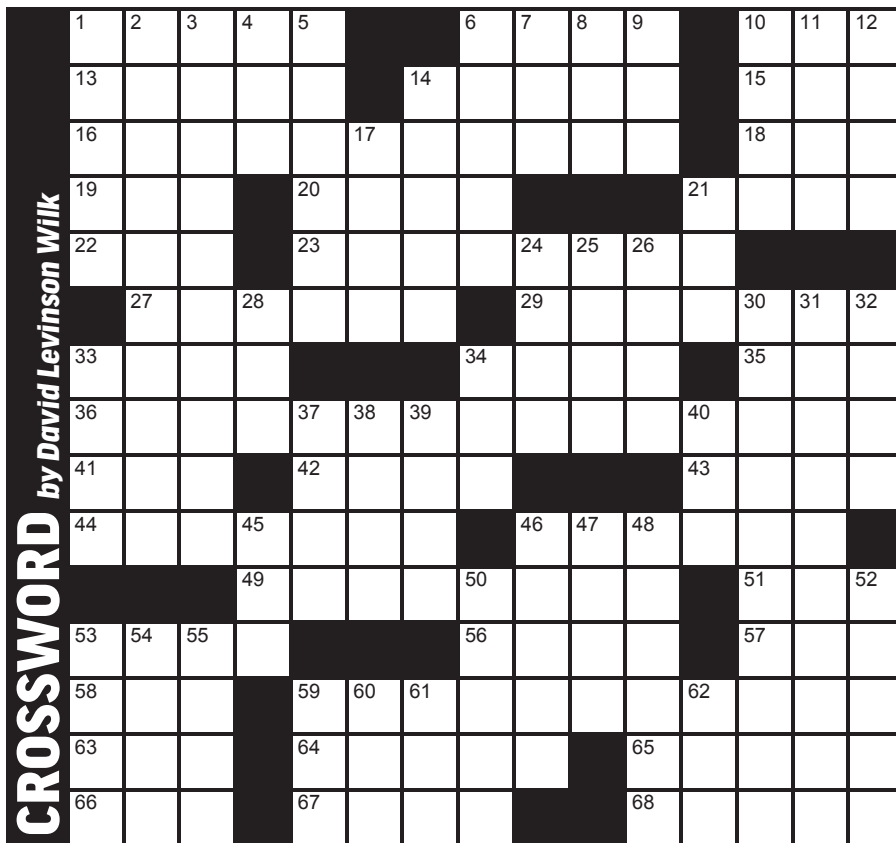
"Yessir!" I replied.

"Let me guess ... was this juice mixed up with gin or vodka?"

"Well"

Doc nodded to the nurse. I didn't even make it as far as the restroom door. ♦

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WINES — Answers in the next edition

ACROSS

1. Character in "I, Claudius" and "I, Robot"
6. Chess finale
10. Shock
13. "Like ___" (Chevy truck slogan)
14. Fragrant wood
15. Suffix with lemon or orange
16. Wine brand one might recommend to a confessional user?
18. Suffix with Dickens
19. Explosive stuff
20. Manner of doing
21. Falsetto-voiced Muppet
22. "Can ___ now?"
23. Wine brand one might recommend to a forest female looking for some excitement?
27. Shout at a concert
29. Yellow container
33. "You never had ___ good"
34. Advance
35. Org. that usually meets in the evening
36. Wine brand one might recommend to someone who lived during the 1930s?
41. Dragon roll ingredient
42. 100-yr. units
43. Proactiv target
44. Like Jackie Robinson's #42, in Major League Baseball
46. Prime minister before and after Churchill
49. Wine brand one might recommend to a person

- who feels events are beyond their control?
51. Setting at 0 degrees long.
53. "I'm game"
56. Johnson of "Laugh-In"
57. "Don't mind ___ do!"
58. Commotion
59. Wine brand one might recommend to a reciter of the Lord's Prayer?
63. ATM entry
64. Pete's wife on "Mad Men"
65. 1957 hit for the Bobbettes
66. Messy spot
67. Turner on stage
68. Elves, to Santa: Abbr.

DOWN

1. Arizona sights
2. Part of a Florida orchard
3. "When it rains, it pours" sloganeer
4. Year Chaucer died
5. Like Superman's arms, often
6. Free-for-all
7. Tool shed tool
8. Mai ___
9. Suffix with east or west
10. One corner of a Monopoly board
11. Levine of "The Voice"
12. Home of the University of Nevada
14. Inner circle
17. Jordan's Queen ___
21. "Yikes!"
24. Batik artist
25. Puzzle solver's happy shout
26. Automaker Ransom Eli
28. One with a beat

30. Group whose 2007 greatest hits album was first released only in Victoria's Secret stores
31. In a person's immediate vicinity
32. Mr. Peanut prop
33. Eisner's successor at Disney
34. CD predecessors
37. Relative of beige
38. ___ Lite (band with the 1990 hit "Groove Is in the Heart")
39. Finales
40. Pizzeria owner in "Do the Right Thing"

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45. Figs. well above 100 in Mensa
46. Variety
47. "Mon Oncle" star
48. 1991 role for Geena
50. When tripled, "and so on"
52. Ocean's motions
53. Pool activity
54. Work on copy
55. Skateboarder Hawk
59. 1951 Cooperstown inductee Mel
60. Sch. with a campus in Providence
61. Make tracks
62. Mos. and mos.





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